

In the Claims:

Please amend Claims 2, 10 and 11 as follows:

2. (Amended) An exercise apparatus comprising:

a frame;

a press arm pivotally coupled to the frame, said press arm having a main arm member depending from a main pivot on the frame and a pair of secondary arms coupled to the main arm member at respective secondary pivots, wherein each of the secondary arms pivots both inwardly and outwardly from a pendulous, at rest position about a respective one of the secondary pivots;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

10. (Amended) An exercise apparatus comprising:

a frame;

a press arm pivotally coupled to the frame, said press arm having a main arm member depending from a main pivot on the frame and a pair of secondary arms coupled to the main arm member at respective secondary pivots, wherein each of the secondary arms pivots both inwardly and outwardly about a respective one of the secondary pivots from a pendulous, at rest position located at the start position for a straightforward chest press ;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

11. (Amended) A press arm for an exercise machine comprising a main arm member having a main pivot and a pair of laterally spaced apart secondary pivots orthogonal with respect to the main pivot, and secondary pivots parallel to one another and inclined with respect to vertical;

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a pair of secondary arms coupled to the main arm member at respective ones of the secondary pivots; and

wherein each of the secondary arms pivots both inwardly and outwardly from a pendulous, at rest position about a respective one of the secondary pivots.

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